TANITA
Monitoring Your Health

InnerScan ™
Body Composition Monitor

Model : BC-531

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GB Instruction Manual
Read this Instruction Manual carefully and keep it for future reference.

D Bedienungsanleitung
Lesen Sie sich diese Bedienungsanleitung bitte sorgfältig durch und bewahren Sie sie zum späteren Nachschlagen auf.

F Mode d'emploi
A lire attentivement et à garder en cas de besoin.

NL Gebruiksaanwijzing
Deze handleiding aandachtig lezen en voor naslagdoeleinden bewaren.

I Manuale di Istruzioni
Leggere attentamente questo manuale di istruzioni e conservarlo per consultazioni future.

E Manual de instrucciones
Lea detenidamente este manual de instrucciones y guárdelo para futura referencia.

P Manual de instruções
Leia cuidadosamente este manual e guarde-o para futura referência.

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NL Inhoudsopgave

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E Índice de materias

P Tabela de conteúdo

INTRODUCTION

Thank you for selecting a Tanita Body Composition Monitor. This monitor is one in a wide range of home healthcare products produced by Tanita.
This Instruction Manual will guide you through the setup procedures and outline the key features. Please keep it handy for future reference. Additional information on healthy living can be found on our website www.tanita.com.
Tanita products incorporate the latest clinical research and technological innovations. All data is monitored by our Tanita Medical Advisory Board to ensure accuracy.
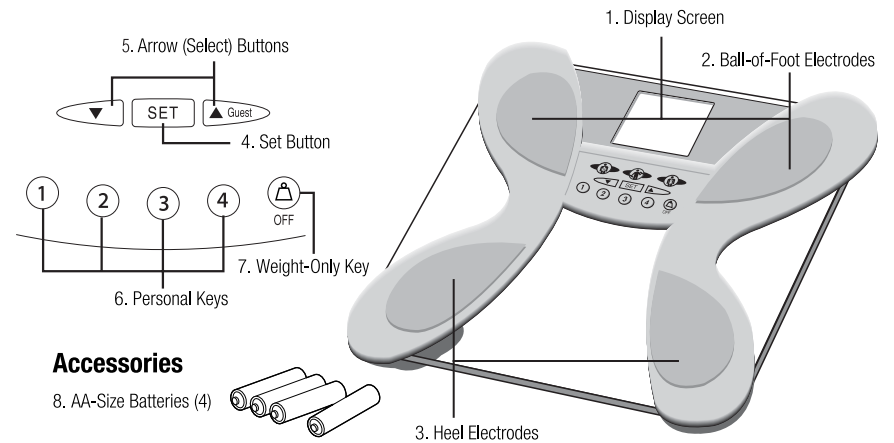
Note: Read this Instruction Manual carefully and keep it handy for future reference.

⚠ Safety Precautions

Note that people with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal through the body, which may interfere with its operation.
Do not place this monitor on slippery surfaces such as a wet floor.
Recorded data may be lost if the monitor is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data. Tanita takes no responsibility for any kind of damage or loss caused by these monitor, or any kind of claim made by a third person.

FEATURES AND FUNCTIONS

Measuring Platform

1. Display Screen
2. Ball-of-Foot Electrodes
5. Arrow (Select) Buttons
4. Set Button
7. Weight-Only Key
6. Personal Keys
3. Heel Electrodes

Accessories

8. AA-Size Batteries (4)

PREPARATIONS BEFORE USE

⚠ Inserting the Batteries

Open the battery cover on the back of the measuring platform. Insert the supplied AA-batteries as indicated.

Note: Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

Please note that since the batteries were inserted at the factory, their energy levels may have decreased.

Open as shown.

OPEN
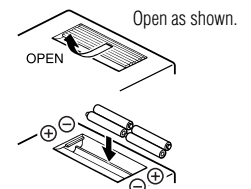
Direction of the batteries.

⚠ Positioning the Monitor

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.
Note: To avoid possible injury, do not step on the edge of the platform.

Handling Tips

This monitor is a precision instrument utilizing state-of-the-art technology.
To keep the unit in the best condition, follow these instructions carefully:
 • Do not attempt to disassemble the measuring platform.
 • Store the unit horizontally, and place it so that the buttons will not be pressed accidentally.
 • Avoid excessive impact or vibration to the unit.
 • Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
 • Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny; avoid soaps.
 • Do not step on the platform when wet.
 • Do not drop any objects onto the platform.

GETTING ACCURATE READINGS

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that your heels are correctly aligned with the electrodes on the measuring platform. Don t worry if your feet appear too large for the unit - accurate readings can still be obtained if your toes overhang the platform.
It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

Heels centered on electrodes

Toes may overhang measuring platform

Note: An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

AUTOMATIC SHUT-DOWN FUNCTION

The automatic shut-down function shuts off the power automatically in the following cases:
 • If you interrupt the measurement process. The power will shut down automatically within 10 to 20 seconds,
 • depending upon the type of operation.
 • If an extreme weight is applied to the platform.
 • During programming, if you do not touch any of the keys or buttons within 60 seconds.*
 • After you have completed the measuring process.

*Note: If the power shuts off automatically, repeat the steps from "Setting and Storing Personal Data in Memory" (p.3).

SWITCHING THE WEIGHT MODE

You can change the unit indication by using the switch on the back of the scale as shown in the figure.
Note: If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches. Similarly, if kilograms is selected, height will be automatically set to centimeters.

lb (pounds)

lb ▮⬜ st/lb
kg

kg (kilograms)

lb ⬜▮⬜ st/lb
kg

st-lb (stone pounds)

lb ⬜▮ st/lb
kg

# SETTING AND STORING PERSONAL DATA IN MEMORY

You will receive readings only if data has been programmed into one of the personal data memories or the Guest mode. The monitor can store personal details for up to 4 people.

1. Turn on the Power

Press the Set button to turn on the unit (once programmed, tapping a Personal Key turns on the unit.) The unit will beep to confirm activation, the Personal Key numbers (1,2,3,4) will be displayed, and the display will flash.
**Note:** If you don't operate the unit for sixty seconds after the unit has been turned on, the unit will turn off automatically.
Note: If you make a mistake or want to turn the unit off before you have finished programming it, press the Weight-Only Key (⌂) to force quit.

▼ SET ▲
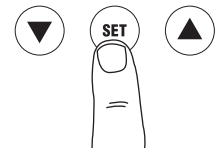
2. Select a Personal Key Number

Press the Up/Down buttons to select a Personal Key. Once you reach the Personal Key number you wish to use, press the Set button. The unit will beep once to confirm.
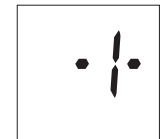
3. Set Age

The display defaults to Age 30 (range of user age is between 7-99). An arrow icon appears on the lower left side to indicate Age setting. Use the Up/Down buttons to scroll through numbers. When you reach your age, press the Set button. The unit will beep once to confirm.
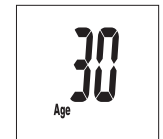
4. Select Female or Male

Use the Up/Down buttons to scroll through Female (🧍) or Male (🧍), Female/Athlete and Male/Athlete settings, then press the Set button. The unit will beep once to confirm.
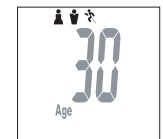
5. Specify the Height

The display defaults to 5' 7.0" (170cm) (range of user is from 3' 4.0"–7' 3.0" or 100cm – 220cm). Use the Up/Down buttons to specify Height and then press the Set button. The unit will beep once to confirm.
The unit will beep twice and the display will flash all data (Male/Female, Age, Height, etc.) three times to confirm the programming. The power will then shut down automatically.
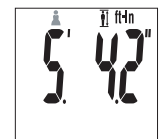
TAKING BODY COMPOSITION READINGS

1. Select Personal Key and Step On
Press your pre-programmed Personal key.
(Release the key within 3 seconds or the display will show "Error".)
The unit will beep and the display will show the programmed date.
The unit will beep again and the display will show "0.0".
Now step onto the platform.
Note: If you step onto the platform before 0.0 appears the display will show Error and you
will not obtain a reading. Furthermore, if you do not step onto the measuring platform
within about 60 seconds after 0.0 appears, the power is shut-off automatically.
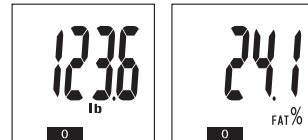
① ② ③ ④
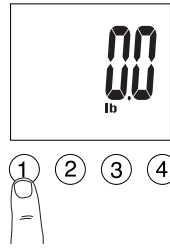
2. Obtain Your Readings
Your weight will be shown first.
Continue to stand on the platform.
"00000" will appear on the display and disappear one by one from left to right.
Your Body Fat percentage(%FAT) and Body Fat Range will appear on the display screen.

After your body fat percentage has been calculated, a black bar will flash along the bottom of the display,
identifying where you fall within the Body Fat Ranges for your age and gender

Note: Do not step off until Body Fat % is shown.

To see other readings press each feature key while weight & Body Fat % is displayed.
Press same feature key to display weight & Body Fat % again.

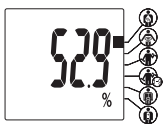**Note: The following readings are applicable only to adults aged 18 years to 99 years.**
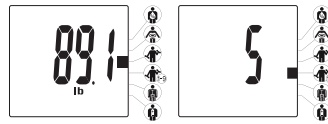
%TBW   Muscle Mass   BMR / Metabolic Age
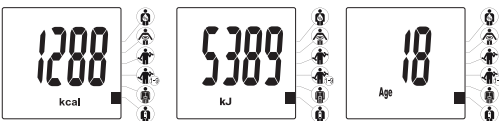   / Physique Rating

• Press 🔘 key to display Total Body Water % .   • Press 🏃 key to display Muscle Mass & Physique Rating.

• Press 🔘 key to display BMR & Metabolic Age.

PROGRAMMING THE GUEST MODE

Guest mode allows you to programme the unit for a one-time use
without resetting a Personal data number.
Press ▲ button to activate the unit. Then follow the steps:
Set Age, Select Female or Male, and Specify Height.

Note: If you step onto the platform before 0.0 appears the display will show Error and
you will not obtain a reading.

GUEST
30
Age

▼ SET ▲
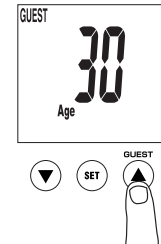
TAKING WEIGHT MEASUREMENT ONLY

Select Weight-Only Key
Press the Weight-only key. After 2 or 3 seconds, 0.0 will appear in the
display and the unit will beep. When 0.0 appears in the display, step onto
the platform. The body weight value will appear. If you remain on the platform,
the display will flash for about 30 seconds, and then the power will automatically turn off.
If you step off the platform, the weight will continue to show for about 5 seconds, then
0.0 will appear and the unit will shut off automatically.

① ② ③ ④ 🔒
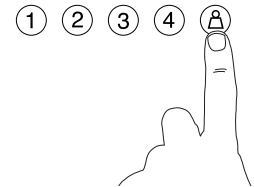
TROUBLESHOOTING

If the following problems occur ...then...
• **A wrong weight format appears followed by kg, lb, or st-lb**
   Refer to Switching the Weight Mode on p.3.
• **Lo appears on the display, or all the data appears and immediately disappears.**
   Batteries are low. When this message appears, be sure to replace the batteries immediately, since weak batteries will
   affect the accuracy of your measurements. Change all the batteries at the same time with new AA-size batteries.
   Note:Your settings will not be erased from the memory when you remove the batteries.
• **Error appears while measuring.**
   Please stand on the platform keeping movement to a minimum.
   The unit cannot accurately measure your weight if it detects movement.
   The Body Fat Percentage is more than 75%, readings cannot be obtained from the unit.
• **The Body Fat Percentage reading does not appear or ----- appears after**
   the weight is measured.
   Your personal data has not been programmed. Follow the steps on p.3.
   Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned with the guides
   on the measuring platform.
• **OL appears while measuring.**
   Reading cannot be obtained if the weight capacity is exceeded.